

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Lunch & Supper Food Chart for Ages 1-18

| Food Components & Food Items ¹ | Ages | | | |
|---|---|--|---|---|
| | 1-2 | 3-5 | 6-12 | 13-18 ² (At-Risk Afterschool Programs and Emergency Shelters) |
| Fluid Milk³ | 1 year old: Unflavored Whole, 2 year old: Unflavored low-fat (1%) or Unflavored fat-free (skim) | Unflavored low-fat (1%) or Unflavored fat-free (skim) | Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim) | Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim) |
| Milk | ½ cup (4 oz.) | ¾ cup (6 oz.) | 1 cup (8 oz.) | 1 cup (8 oz.) |
| Meat/Meat Alternate | | | | |
| Lean meat, poultry, fish; or | 1 oz. | 1½ oz. | 2 oz. | 2 oz. |
| Cheese; or | 1 oz. | 1½ oz. | 2 oz. | 2 oz. |
| Large egg; or | ½ egg | ¾ egg | 1 egg | 1 egg |
| Tofu, soy products, alternate protein product ⁴ ; or | 1 oz. | 1½ oz. | 2 oz. | 2 oz. |
| Cooked dry beans, peas; or | ¼ cup | ⅜ cup | ½ cup | ½ cup |
| Yogurt, plain or unflavored unsweetened or sweetened ⁵ or ; | ½ cup (4 oz.) | ¾ cup (6 oz.) | 1 cup (8 oz.) | 1 cup (8 oz.) |
| Peanut butter, soy nut butter, other nut or seed butter; or | 2 tbsp. | 3 tbsp. | 4 tbsp. | 4 tbsp. |
| Peanuts, soy nuts, tree nuts, seeds ¹⁰ | ½ oz. = 50% | ¾ oz. = 50% | 1 oz. = 50% | 1 oz. = 50% |
| Vegetable^{6, 7} | | | | |
| Vegetable | ⅛ cup | ¼ cup | ½ cup | ½ cup |
| Fruit^{6, 7} | | | | |
| Fruit | ⅛ cup | ¼ cup | ¼ cup | ¼ cup |
| Grains⁸ | | | | |
| Whole grain-rich or enriched bread; or | ½ oz. eq. (14 gm.) | ½ oz. eq. (14 gm.) | 1 oz. eq. (28 gm.) | 1 oz. eq. (28 gm.) |
| Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or | ½ oz. eq. | ½ oz. eq. | 1 oz. eq. | 1 oz. eq. |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, or pasta | ½ oz. eq. (¼ cup-cooked, 14 gm.-dry) | ½ oz. eq. (¼ cup-cooked, 14 gm.-dry) | 1 oz. eq. (½ cup-cooked, 28 gm.-dry) | 1 oz. eq. (½ cup-cooked, 28 gm.-dry) |
| *** USDA Using Ounce Equivalents for Grains in the CACFP worksheet *** | | | | |

- 1 Must serve all five components for a reimbursable meal.
- 2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs for At-Risk Afterschool Programs and Emergency Shelters.
- 3 Must be unflavored whole milk for children age one. Must be unflavored fat-free (skim) or unflavored low-fat (1%) milk for children two through five years old. Must be unflavored fat-free (skim), unflavored low-fat (1%), or flavored fat-free (skim) milk for children six years old and older.
- 4 Alternate protein products must meet the requirements in Appendix A to Part 226.
- 5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- 6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 7 A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- 8 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain component with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- 9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- 10 Nuts and seeds may be used to meet no more than 50% of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch/supper requirement.